

“BE HEALTHY DELAWARE: WALK IT OFF!”



Participate in this free 10-week walking program published in The News Journal and online.

Walk off stress, extra pounds, nicotine cravings, the blues – walking is a great way to improve your health and feel good!

You can walk anywhere - on your own, or with others- just report your mileage weekly online or via the phone.

March 2, 2010 - May 10, 2010

More than \$3,500 in prizes will be given away, including a donated 1-year membership to the YMCA of DE, a donated \$250 pair of MBT shoes from The Walking Company, a Wii Fit, and more!

Beginning Feb. 1, register at www.delawareonline.com/walk or call 831-1998. When you register online, be sure to enter State of Delaware as your company affiliation. Deadline to register is 3-01-10.

Presented by the University of Delaware-based Delaware Center for Health Promotion (creator of the Ten Ton Challenge) and The News Journal, with support from Christiana Care Health System.